



UNIVERSITI PUTRA MALAYSIA

**FRYING PERFORMANCE OF PALM OLEIN WITH
ADDED NATURAL ANTIOXIDANT MIXTURES AND
ACCEPTABILITY OF FRIED POTATO CHIPS**

IRWANDI

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By

IRWANDI

**Thesis Submitted in Fulfilment of the Requirement for the
Degree of Doctor of Philosophy in the Faculty of Food Science and Biotechnology
Universiti Putra Malaysia**

December 2000



*Especially dedicated
to my beloved wife
and parents*



Abstract of thesis presented to the Senate of Universiti Putra Malaysia in fulfilment of the requirement for the degree of Doctor of Philosophy

**FRYING PERFORMANCE OF PALM OLEIN WITH ADDED NATURAL
ANTIOXIDANT MIXTURES AND ACCEPTABILITY OF FRIED
POTATO CHIPS**

By

IRWANDI

December 2000

Chairman : Professor Yaakob Bin Che Man, Ph.D

Faculty : Food Science and Biotechnology

A comprehensive study on the feasibility of use of natural antioxidants, namely rosemary and sage, together with citric acid acting as a synergist during repeated deep-fat frying process of potato chips in palm olein was carried out. The study was inclusive of evaluation of oxidative behaviour of these antioxidants, monitoring of physico-chemical changes of oil during frying, development of some new instrumental methods for detecting quality parameters of used oil, effect of addition of the antioxidants on organoleptic properties of fried product and relationship between quality indices of the oil and sensory acceptability of the fried product.

Results showed that rosemary and sage extracts are feasible to be used in retarding the palm olein deterioration during repeated deep-fat frying of potato chips. The two natural antioxidants were proven to significantly ($P<0.05$) lower the rate of oxidation of the oil during frying, while having very good thermal resistance. Organoleptically, both rosemary and sage extracts could improve acceptability of fried potato crisps. There were significant correlations between sensory attributes of fried potato chips and quality parameters of palm olein used.

Optimization study on the effect of use of the natural antioxidants during deep-fat frying on fatty acid composition of palm olein revealed that C18:2 and C16:0 fatty acids were the most important fatty acids for predicting changes in oil quality after frying. However, for optimization purposes, the use of the C18:2/C16:0 ratio best predicted the efficacy of natural antioxidants in preserving palm olein during deep-fat frying.

This study also successfully developed instrumental methods for monitoring the physico-chemical changes of palm olein during repeated deep-fat frying. The alkaline contaminant materials (ACM) contents in palm olein could be determined spectrophotometrically at 540 nm, whereas the use of Fourier transform infrared (FTIR) spectroscopy to monitor changes in the iodine value, peroxide value and free fatty acid contents in palm olein during frying was found to be a viable alternative to the wet chemical methods, with FTIR providing rapid results taking less than 2 min per sample and minimum use of solvent and labour.

Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia sebagai memenuhi syarat untuk Ijazah Doktor Falsafah

**PRESTASI PENGGORENGAN MINYAK SAWIT OLEIN DENGAN
PENAMBAHAN CAMPURAN-CAMPURAN ANTIOKSIDAN SEMULAJADI
DAN PENERIMAAN DERIA KEPINGAN KENTANG GORENG**

Oleh

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Satu kajian menyeluruh tentang keupayaan penggunaan antioksidan-antioksidan semulajadi, iaitu rosemary dan sage, bersama-sama dengan asid sitrik yang bertindak sebagai agen sinergi semasa proses penggorengan kepingan kentang dalam minyak sawit olein telah dijalankan. Kajian ini merangkumi penilaian sifat oksidatif antioksidan, penelitian perubahan-perubahan sifat fiziko-kimia minyak selama penggorengan, pengembangan kaedah-kaedah baru berdasarkan instrumen untuk mengesan ciri-ciri kualiti minyak terpakai, kesan penambahan antioksidan ke atas sifat-sifat deria produk yang digoreng dan hubungan diantara parameter kualiti minyak dengan penerimaan ujian deria ke atas produk yang digoreng.

Keputusan-keputusan kajian ini menunjukkan bahawa ekstrak rosemary dan sage berkeupayaan dan boleh digunakan untuk menghalang kerosakan minyak sawit olein semasa penggorengan keropok kentang. Kedua-dua antioksidan semulajadi tersebut telah terbukti berkesan ($P < 0.05$) dalam merendahkan kadar pengoksidaan minyak semasa penggorengan. Pada masa yang sama, kedua-dua antioksidan juga mempunyai ketahanan haba yang sangat baik. Ujian deria juga menunjukkan bahawa rosemary dan sage mampu memperbaiki penerimaan kepingan kentang yang digoreng. Keputusan kajian ini juga menunjukkan bahawa terdapat hubungkait secara berkesan antara ciri-ciri deria kepingan kentang dengan parameter kualiti minyak sawit olein selama penggorengan.

Kajian mengoptimumkan kesan penggunaan antioksidan semulajadi semasa proses penggorengan ke atas komposisi asid lemak dalam minyak sawit olein menunjukkan bahawa asid-asid lemak jenis C18:2 dan C16:0 merupakan asid-asid lemak paling utama dalam mengangarkan perubahan-perubahan kualiti minyak selepas penggorengan. Walau bagaimanapun, untuk tujuan pengoptimuman, penggunaan nisbah C18:2/C16:0 telah berjaya mengangarkan keupayaan antioksidan-antioksidan semulajadi dalam mengekalkan kualiti minyak sawit olein semasa proses penggorengan.

Kajian ini juga berjaya mencipta kaedah-kaedah berdasarkan instrumen dalam meneliti perubahan-perubahan fiziko-kimia minyak sawit olein semasa penggorengan. Kandungan bahan-bahan kontaminan beralkali (ACM) dalam minyak sawit olein boleh ditentukan secara spektrofotometri pada 540 nm, manakala penggunaan spektroskopi transformasi Fourier inframerah (FTIR) untuk meneliti perubahan-perubahan dalam nilai

iodine, nilai peroksida dan kandungan asid lemak bebas dalam minyak sawit semasa penggorengan telah didapati berkemungkinan menjadi alternatif kepada kaedah-kaedah kimia. Penggunaan FTIR mampu memberikan keputusan secara pantas, iaitu kurang dari dua minit untuk satu sampel, dan meminimumkan penggunaan pelarut dan pekerja.

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I certify that an Examination Committee met on 11th December 2000 to conduct the final examination of Irwandi on his Doctor of Philosophy thesis entitled “Frying Performance of Palm Olein with Added Natural Antioxidant Mixtures and Acceptability of Fried Potato Chips” in accordance with Universiti Pertanian Malaysia (Higher Degree) Act 1980 and Universiti Pertanian Malaysia (Higher Degree) Regulations 1981. The committee recommends that the candidate be awarded the relevant degree. Members of the Examination Committee are as follows:

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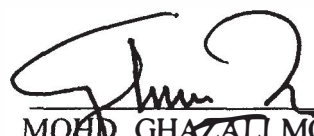
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DECLARATION

I hereby declare that the thesis is based on my original work except for quotations and citations which have been duly acknowledged. I also declare that it has not been previously or concurrently submitted for any degree at UPM or other institution.



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TABLE OF CONTENTS

	Page
DEDICATION.....	i
ABSTRACT.....	ii
ABSTRAK.....	iv
ACKNOWLEDGEMENTS.....	vii
APPROVAL SHEET.....	ix
DECLARATION.....	xi
LIST OF TABLES.....	xvii
LIST OF FIGURES.....	xx
CHAPTER	
I GENERAL INTRODUCTION.....	1
II REVIEW OF LITERATURE.....	6
The practice of Frying.....	6
History and Types of Frying	6
Factors Affecting the Frying Process of Food.....	8
Mechanism of Oil Uptake during Frying.....	10
Factors Influencing Oil Adsorption by Food during Frying.....	13
Good Frying Practices	17
Reactions during Frying.....	19
Colour Formation.....	21
Oxidation.....	22
Polymerization.....	26
Hydrolysis.....	27
Health Implication of Frying	29
Safety Aspect of Frying Process.....	29
Health Implication of Lipid Oxidation Products.....	33
Regulation of Frying Fats and Oils in Some Countries.....	38
Stability Parameters of Oils during Frying.....	43
Measurement of Heat Abuse of Oils	43
Basic Principles of Instrumental Analyses.....	50
Antioxidants.....	52
Major Synthetic Antioxidants.....	54
Natural Antioxidants.....	57
Palm Oil for Frying Purpose..	66

III	EFFECTS OF ROSEMARY AND SAGE ON FRYING PERFORMANCE OF RBD PALM OLEIN: A PRELIMINARY STUDY.....	71
	Introduction.....	71
	Materials and Methods.....	73
	Materials.....	73
	Frying Experiment.....	74
	Physico-chemical Analyses of Oil	76
	Sensory Evaluation.....	76
	Statistical Analysis	77
	Results and Discussion	77
	Physico-chemical Changes during Frying	77
	Sensory Evaluation of Potato Chips.....	86
	Conclusion.....	88
IV.	OXIDATIVE BEHAVIOUR OF NATURAL ANTIOXIDANT BLENDS IN MODEL AND FOOD OIL SYSTEMS.....	90
	Introduction	90
	Materials and Methods	92
	Materials.....	92
	Experimental Design	92
	Oxygen Consumption Measurement	94
	Differential Scanning Calorimetry (DSC) Analysis	95
	Results and Discussion.....	96
	Assessment of Antioxidant Activity by Oxygen Consumption Measurement	96
	Monitoring Effect of Natural Antioxidants by DSC	100
	Conclusion.....	103
V	SYNERGISTIC EFFECT OF NATURAL ANTIOXIDANTS ON FATTY ACID RETENTION AND OTHER PHYSICO-CHEMICAL PROPERTIES OF PALM OLEIN DURING DEEP-FAT FRYING.....	104
	Introduction	106
	Materials and Methods.....	106
	Materials	106
	Experimental Design	106
	Frying Experiment	107
	Gas-Chromatography Analysis for Fatty Acid Composition.....	108
	Analyses of Oil.....	109
	Statistical analyses.....	109

Results and Discussion.....	111
Effect of Natural Antioxidants on Fatty Acid Composition after 1-day Frying.....	112
Effect of Natural Antioxidants on Fatty Acid Composition after 5-day Frying	113
Optimization of Use Natural Antioxidants Based on C18:2/C 16:0 Ratio.....	115
Changes in Oil during Repeated Frying.....	120
Optimization of Physico-chemical Properties after 5-day Frying	126
Conclusion.....	134
 VI OPTIMIZATION OF NATURAL ANTIOXIDANTS FOR DEEP-FAT FRYING OF POTATO CHIPS USING RESPONSE SURFACE METHODOLOGY	 135
Introduction	135
Materials and Methods.....	137
Materials.....	137
Experimental Design.....	138
Frying Experiment.....	140
Sensory Evaluation.....	140
Results and Discussion.....	141
Responses from Continous Design (CD)	141
Optimization Using Constrained Mixture Design (CMD).....	151
Optimum Points Comparison between CD and CMD Data Sets.....	157
Conclusion.....	160
 VII RELATIONSHIP BETWEEN FAT DETERIORATION INDICES AND SENSORY PROPERTIES OF FRIED PRODUCT	 161
Introduction.....	161
Materials and Methods.....	162
Materials.....	162
Frying Experiment.....	163
Sensory Evaluation.....	163
Analyses of Oil	163
Statistical Analysis	164
Results and Discussion.....	164
Changes in Sensory Scores of Potato Chips and Oil Quality during Frying.....	164

	Relationship between Sensory Characteristics of Fried Food and Quality Parameter of Frying Oil	165
	Conclusion.....	173
VIII	EFFECT OF NATURAL ANTIOXIDANTS IN CONTROLLING ALKALINE CONTAMINANT MATERIALS (ACM) IN HEATED PALM OLEIN.....	175
	Introduction	175
	Materials and Methods.....	176
	Materials.....	176
	Preparation of Test Solution	177
	Standard Curve	177
	Hunter Lab Colorimetric Determination for Standard Solutions.....	178
	Effect of Antioxidants on ACM using RSM	178
	Frying Experiment	179
	Results and Discussion	179
	Spectrophotometric Determination of ACM in RBD Palm Olein.....	179
	Effect of Frying on ACM in Oil.....	182
	Optimization of Natural Antioxidants during Frying Based on ACM Content	184
	Conclusion	186
IX	MONITORING THE EFFECT OF NATURAL ANTIOXIDANTS ON CHANGES OF PALM OLEIN DURING DEEP-FAT FRYING BY FOURIER TRANSFORM INFRARED SPECTROSCOPY.....	187
	Introduction	188
	Materials and Methods.....	190
	Materials.....	190
	Experimental Design.....	190
	Frying Experiment.....	190
	Chemical Analyses.....	190
	Instrumental Analyses	191
	Statistical Analysis.....	192
	Results and Discussion.....	192
	Chemical Analyses.....	192
	FTIR Spectroscopy-Based Analysis.....	195
	Conclusion	207

X	SUMMARY, CONCLUSION AND RECOMMENDATIONS	208
	Summary	208
	Conclusion	211
	Recommendation	212
	BIBLIOGRAPHY.....	214
	BIOGRAPHICAL SKETCH.....	237
	RELATED PUBLICATIONS.....	238

LIST OF TABLES

Table		Page
1	Fried products produced in the manufacturing sector.....	7
2	Peroxide values (meq/kg) for ethyl linoleate after different time-temperature treatments.....	25
3	Laboratory studies of overheated fats and oils.....	31
4	Serum lipoprotein lipid peroxide levels in normal and diabetic subjects corrected for total lipids.....	35
5	Deep-fat frying specification.....	43
6	World major producers of palm oil, 1993-1999 ('000 tonnes).....	67
7	Area under oil palm in Malaysia, 1977-1997 (hectares)...	67
8	World production of 13 vegetable oils, 1993-1997 ('000 tonnes).....	68
9	Composition of palm oil products.....	69
10	Quality changes in RBD palm olein during frying	78
11	Effect of rosemary and sage on sensory acceptability of potato chips during deep-fat frying.....	87
12	Combination of oleoresin rosemary extract, sage extract and citric acid.....	93
13	Protective index (PI) and onset time (T_o) of 15 different antioxidant-treated samples.....	98
14	Regression coefficients and R^2 for protective index (PI) and onset time (T_o) of effect of natural antioxidant treatments.....	98
15	Physico-chemical characteristics of fresh RBD palm olein used in frying experiment.....	110

16	Fatty acid compositions of fresh RBD palm olein and natural antioxidants-treated RBD palm olein after 1 and 5 d of deep-fat frying.....	111
17	Regression coefficients for some fatty acids of natural antioxidants-treated RBD palm olein after 5 d of frying....	115
18	Effect of oleoresin rosemary extract, sage extract and citric acid on C 18:2/C16:0 ratio of RBD palm olein samples during deep-fat frying.....	116
19	Regression coefficients and R ² for C18:2/C 16:0 ratio of natural antioxidants-treated RBD palm olein after 1 and 5 d of frying.....	117
20	Predicted versus experimental fatty acid profiles of optimum antioxidant combination treatment after 5 d of frying.....	119
21	Physico-chemical changes of RBD palm olein during deep-fat frying.....	121
22	Regression coefficients, R ² and P of F values for anisidine, peroxide and iodine values, polymer content and colours of RBD palm olein after 5 days of frying.....	127
23	Regression coefficients, R ² and P of F values for free fatty acid, absorbances at 232 and 268 nm, viscosity and C 18:2/C 16:0 ratio.....	128
24	Predicted vs. experimental physico-chemical characteristics of RBD palm olein with optimal combination treatment after 5 days of frying.....	133
25	Combination of proportion of oleoresin rosemary, sage extracts and citric acid added into RBD palm olein before frying for experiments using CMD. Total proportion (=1) equals to 0.15% of total used.....	139
26	Effect of oleoresin rosemary extract, sage extract and citric acid on sensory scores of potato chips.....	142
27	Regression coefficients, R ² and P of F values for sensory evaluation of potato chips after 1 day of frying.....	143

28	Regression coefficients, R^2 and P of F values for sensory evaluation of potato chips after 5-day frying.....	148
29	Effect of oleoresin rosemary, sage extracts and citric acid on sensory scores of potato chips.....	152
30	Regression coefficients and R^2 sensory evaluation of potato chips after 1 day of frying.....	153
31	Regression coefficients and R^2 sensory evaluation of potato chips after 5-day frying.....	155
32	Optimum point comparisons of natural antioxidants using methods of constrained mixture design (CMD) and continuous design (CD).....	159
33	Correlation between appearance of potato chips and quality parameters of palm olein.....	167
34	Correlation between taste of potato chips and quality parameters of palm olein.....	168
35	Correlation between odour of potato chips and quality parameters of palm olein.....	170
36	Correlation between crispiness of potato chips and quality parameters of palm olein.....	171
37	Correlation between overall acceptability of potato chips and quality parameters of palm olein.....	172
38	Colour changes of alkaline contaminant materials (ACM) in test solution.....	180
39	Concentration of alkaline contaminant materials (A mg/100 g) in RBD palm olein during frying of potato chips.....	183
40	Regression coefficients and R^2 for alkaline contaminant materials of RBD palm olein after days 1 and 5 of frying	185
41	Changes in iodine value, peroxide value and free fatty acid content of RBD palm olein during deep-fat frying.....	193

LIST OF FIGURES

Figure		Page
1	Factors that could affect the frying process of foods.....	9
2	Reactions occurred during frying of food.....	20
3	Formation of volatile and non volatile products in frying...	45
4	Structures of BHA.....	55
5	Structure of BHT.....	56
6	Structure of TBHQ.....	57
7	Chemical structures of rosmanol and carnosol.....	66
8	Flow diagram of refining and fractionation process of palm oil.....	70
9	Flow-chart summarizing the frying procedure.....	75
10	Changes in absorbances at 232 nm (A) and 268 nm (B) of RBD palm olein during deep-fat frying.....	85
11	Differential scanning calorimetric oxidation curve of refined, bleached and deodorized (RBD) palm olein without antioxidant. (A) Isothermal curve at 150°C with nitrogen (99.999%) flowed at 50 ml/min; and (B) isothermal curve at 150°C with oxygen (99.8%) flowed at 50 ml/min.....	95
12	Percent oxygen consumption by natural antioxidant mixtures in a model linoleic acid emulsion system.....	96
13	Contour map of protective index (PI) of refined, bleached and deodorized (RBD) palm olein samples treated with natural antioxidants. Citric acid at 0.037%.....	99
14	Differential scanning calorimetric oxidation curves of refined, bleached and deodorized (RBD) palm olein with natural antioxidant mixtures.....	101

15	Contour map of onset time (To) of refined, bleached and deodorized (RBD) palm olein samples treated with natural antioxidants (Citric acid = 0.039%).....	102
16	Contour maps of the effects of oleoresin rosemary and sage extracts at optimum levels of citric acid on individual fatty acid after 5 days of frying (levels of citric acid: A=0.036%, B=0.050%, C=0.047% and D=0.039%).....	114
17	Contour maps on the effects of oleoresin rosemary extract and sage extract on C18:2/C16:0 ($\times 10^{-3}$) ratio after 1 and 5 d of frying (Levels of citric acid: A=0.038%, B=0.037%)	119
18	Contour maps on the effects of oleoresin rosemary extract and sage extract at optimum levels of citric acid on anisidine, peroxide, iodine values and free fatty acid (Levels of citric acid: A=0.025%, B=0.026%, C=0.049%, D=0.043%).....	130
19	Contour maps on the effects of oleoresin rosemary extract and sage extract at optimum levels of citric acid on polymer content, red (10^{-3}) and yellow colours, and viscosity (Levels of citric acid: A=0.034%, B=0.025%, C=0.025%, D=0.025%).....	131
20	Contour maps on the effects of oleoresin rosemary extract and sage extract at optimum levels of citric acid on absorbances at 232 and 268 nm (Levels of citric acid: A=0.037%, B=0.042%).....	132
21	Contour maps on the effects of natural antioxidants on sensory attributes of potato chips after 1 day of frying (Levels of citric acid: A=0.023%, B=0.025%, C=0.026%, D=0.022%, E=0.026).....	146
22	Contour maps on the effects of natural antioxidants on sensory attributes of potato chips after 5 days of frying (Levels of citric acid: A=0.030%, B=0.018%, C=0.022%, D=0.025%, E=0.026).....	149
23	Contour maps on the effect of natural antioxidants on sensory scores of potato chips after one-day frying.....	156

24	Contour maps on the effect of natural antioxidants on sensory scores of potato chips after one-day frying.....	158
25	Spectrum from various concentration of sodium palmitate measured at wavelengths 440 to 580 nm.....	181
26	A linear regression plot of absorbance at 540 nm vs concentration of sodium palmitate in fresh RBD palm olein.....	182
27	Contour maps for alkaline contaminant materials (ACM) of RBD palm olein treated with natural antioxidants after 1 day (A) and % days (B) of frying at a citric acid level of 0.025%.....	186
28	Transmission/FTIR spectra of RBD palm olein used in this study at 4000-500 cm^{-1}	196
29	Overlay spectra of RBD palm olein during 5-day frying at 3240-2980 cm^{-1}	198
30	Changes in absorbance at 3006 cm^{-1} of RBD palm olein during deep-fat frying.....	199
31	Plot of absorbance at 3006 cm^{-1} of RBD palm olein during deep-fat frying versus their chemical iodine value...	199
32	Overlay spectra of RBD palm olein during 5-day frying at 3470-3315 cm^{-1}	201
33	Changes in absorbance at 3444 cm^{-1} of RBD palm olein during deep-fat frying.....	202
34	Plot of absorbance at 3444 cm^{-1} of RBD palm olein during deep-fat frying versus their chemical iodine value...	202
35	Overlay spectra of RBD palm olein during 5-day frying at 1950-1500 cm^{-1}	204
36	Changes in absorbance at 1711 cm^{-1} of RBD palm olein during deep-fat frying.....	205
37	Plot of absorbance at 3444 cm^{-1} of RBD palm olein during deep-fat frying versus their chemical iodine value...	206